

Hello,

You would have heard a great deal of information in the news about COVID-19, also known as Coronavirus. Able Australia is doing everything it can to make sure that you are as safe as possible.

We are listening to what the Federal and State Government are telling us.

Able Australia has an Emergency Response Team, led by Kate MacRae, our CEO. This team is meeting daily to discuss being prepared for COVID-19 so that we can respond as quickly as possible.

Prevention and early detection is our best defence

In our fight against the spread of COVID-19, prevention and early detection is the best form of defence. For this reason we are asking everyone – you, our staff and your families/carers – to take the steps listed below.

Keep Clean:

- wash your hands often with soap and water
- use a tissue and cover your mouth when you cough or sneeze
- avoid close contact with others, such as touching/hugging

Tell someone if you have symptoms of the illness including:

- Sore throat
- Coughing
- Fever (you could feel either very hot or very cold)
- Shortness of breath (you could feel like something heavy is on your chest, like you need more air, or that you can't breathe properly)
- Very tired, and for no reason (You're getting sleep but you are still tired)
- Muscle aches & pains (Sore in your muscles/all over your body)
- Feeling generally unwell.

Stock of supplies

You should have more stock of hand wash and hand sanitiser at your service. Please make sure you use hand sanitiser often, whenever you can't wash your hands. If there is nothing there, let the Able team know and we'll try to get some as quickly as possible.

Temperature

We are also checking your temperature as well the temperature of your support staff each day. We are doing that so that we can make sure you and your support staff get the help you need as quickly as possible, if you or your support staff suddenly gets a fever.

Isolation

You may have heard that some people are being asked to 'self-isolate' and not leave their house. Don't worry – we will still be here to help you. If we need to do that at an Able house, we have made sure there are enough supplies of basic household items and food so that you will be well looked after.

How you can help us

The Government has said that people who have flown in from overseas since midnight 16 March, 2020 need to stay in their home for 14 days.

If you have a family member or someone close to you who is sick or you think might have COVID-19, please let us know. We want to keep you safe and everyone else around you.

Stay informed

Things are changing quickly. The Able team will keep you informed as we receive more information. If you are worried, please talk to your Able Team or contact comms@ableaustralia.org.au